

KURSPLAN

Morning/Lunch-Programm (09:00-13:00 Uhr)

Morning/Lunch-Programm (09:00-13:00 Uhr)															Wochenende im Studio One					
Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
Saal 1	Saal 2	Onlineraum	Saal 1	Saal 2	Onlineraum	Saal 1	Saal 2	Onlineraum	Saal 1	Saal 2	Onlineraum	Saal 1	Saal 2	Onlineraum	Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3
09:00-09:45 PILATES Lara	09:30-10:30 YOGA Fokus Rücken Marion		09:00-10:00 PILATES Jade	09:00-10:00 SCHWANGEREN-YOGA Katharina			09:00-10:00 BAUCH&BOOTY Anissa			09:00-10:00 BALLET BARRE FITNESS Melissa		09:00-10:00 GOOD MORNING YOGA FLOW Alex			09:25-09:55 STRETCH	09:25-10:25 BARRE FITNESS abwechselnd			09:30-10:45 HATHA VINYASA Mimi R.	
10:15-11:30 ZEITGENÖSS. BALLETT II Daniela G.			10:15-11:15 RÜCK-BILDUNG Katharina	10:15-11:15 BALLET BARRE FITNESS Caro		10:10-10:50 MOBILITY & STRETCH Anissa			10:15-11:15 GOOD MORNING YOGA FLOW Daniela M.	10:15-11:15 Mami Baby + Schwangeren FUNCTIONAL YOGA Melissa		10:15-11:30 ZEITGENÖSS. BALLETT II Gaetano		09:35-10:35 BARRE FITNESS Jasmin NEU	10:00-11:15 YOGA FLOW SANFT Katharina	10:30-11:30 POWER STRETCH Gaetano		10:00-11:00 BARRE FITNESS & STRETCH Lara		
11:45-13:00 MODERN II Daniela G.				11:30-12:30 Mami Baby + Schwangeren BARRE FITNESS Caro		11:00-12:15 BALLETT I-II Ilia NEU			10:50-11:50 RÜCK-BILDUNG Jasmin					10:45-11:45 RÜCK-BILDUNG Jasmin	11:30-12:45 BALLETT II Alexander	11:35-12:35 BALLET BASICS Gaetano		11:15-12:15 PILATES Lara NEU	11:15-12:15 PILOXING Anissa	

Kids/Teens + Abend-Programm (15:00-22:00 Uhr)

15:30-16:15 HIPHOP 3-5J. Paulinn	15:40-16:25 BALLETT 3-5J. Lara		15:30-16:15 BALLETT 3-6J. Caro			15:30-16:15 HIPHOP 5-7 Domi			15:40-16:25 JAZZ FUNK 9-12J. Domi			15:20-16:05 BALLETT 7-9J. Viola			15:40-16:40 BREAKDANCE ca.7-15J. Vladi	16:15-17:00 BALLETT 4-6J. Viola		Ab 14:30 AERIAL YOGA	14:30-15:30 BODY PUMP Chris NEU	14:30-15:45 BALLETT I-II Nina B. NEU
16:15-17:00 HIPHOP 4-6J. Paulinn	16:30-17:15 BALLETT 5-7J. Lara		16:00-16:45 HIPHOP 9-12J. Domi	16:20-17:05 HIPHOP 3-6J. Caro		16:20-17:05 HIPHOP 7-10 Domi	16:20-17:05 BALLETT 3-5J. Lara		16:30-17:30 JAZZ FUNK ab 13J. Domi	16:30-17:30 BARRE WORKOUT & STRETCH Jade NEU		16:50-17:50 HIPHOP ALL LEVELS Aaron	17:15-18:30 BALLETT I-II Ben		17:15-18:30 BALLETT I-II Ben		16:35-17:50 MODERN I Mathias	16:00-17:00 LYRICAL JAZZ II Nina B.	15:45-17:00 LYRICAL JAZZ II Giovanni	
17:00-18:00 DANCEHALL Aaron	17:20-18:20 BODY BOOM Jana		16:50-17:50 FEMALE HIPHOP ab 13J. Domi	17:10-18:10 BALLET BARRE FITNESS Jasmin A.M.	18:00-19:00 YOGA MEDIUM Daniela M. NEU	17:10-18:20 CONTEMP. JAZZ I-II Maxi	17:15-18:15 BODY BOOM Lara		17:35-18:35 DANCE JAM Thomas	17:45-18:45 PILATES Jade		18:00-19:10 MODERN II Maxi	18:35-19:35 BALLET BARRE FITNESS Chris		18:00-19:10 MODERN II Maxi		18:15-19:30 LYRICAL JAZZ I Mathias	16:00-17:00 LYRICAL JAZZ II Nina B.	17:10-18:25 BASIC TECHNICAL JAZZ Caro	
18:15-19:30 BALLETT I-II Laura	18:25-19:25 INSIDE FLOW YOGA Julia M.		18:00-19:10 JAZZ II Mathias	18:15-19:15 POWER MOVES Alexia		18:25-19:35 YOGA FLOW BASIC Katharina	18:25-19:25 BALLETT I-II Thierry		18:40-19:40 FEMALE STREET JAZZ Prince	18:50-19:35 BOOTY BURN Jacky		19:15-20:30 YOGA MEDIUM Daniela M.	18:35-19:35 BALLET BARRE FITNESS Chris		19:15-20:30 YOGA MEDIUM Daniela M.		18:15-19:30 LYRICAL JAZZ I Mathias	17:15-18:15 YOGA BASICS Vanessa	17:10-18:25 BASIC TECHNICAL JAZZ Caro	
19:30-20:40 BURLESQUE JAZZ Ninosch	19:30-20:45 MODERN II Pedro		19:15-20:25 MODERN I-II Dani M.	19:20-20:35 MODERN II-III Mathias		19:40-20:40 HIP HOP ALL LEVELS Maja	19:30-20:45 BALLETT II-III Natalia		19:45-20:45 DANCEHALL Alexia	19:40-20:55 LYRICAL JAZZ FUSION II Ninosch		20:35-21:35 GOOD NIGHT YOGA Daniela M.	19:40-20:40 BALLETT BASICS Chris		20:35-21:35 GOOD NIGHT YOGA Daniela M.		18:15-19:30 LYRICAL JAZZ I Mathias	18:30-19:45 HIP HOP ALL LEVELS Aaron		
20:45-22:00 JAZZ BASICS Ornella	20:50-21:50 BARRE FITNESS Anissa		20:30-22:00 BALLET BASICS Viktoria	20:45-22:00 JIVAMUKTI YOGA BASIC Jasmin		20:45-22:00 LYRICAL JAZZ I Mathias	20:50-21:35 BODY PUMP Chris NEU		21:00-22:15 MODERN BASICS Ninosch								18:15-19:30 LYRICAL JAZZ I Mathias			

Alle Neuigkeiten und tagesaktuelle Stundenplanänderung:
www.studio-1.eu
 Kursplan Stand: 15.02.23